

# HOW IT WORKS

## STEP 3

### Chapter 5

### Page 58 – 63

1. Have I rarely seen a person fail who has thoroughly followed our directions? P58 P1 L1

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2. Do I believe those who do not recover are people who cannot or will not completely give themselves to this simple program? Do I? Pg. 58 P1 L1

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a. Have I seen from pages 23-43 where food is concerned that I'm constitutionally incapable of being honest with myself? Pg. 58 P1 L5

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3. Have I decided I want what they have and am willing to go to any length to get it? Pg. 58 P2 L3

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a. Am I ready to take these proven steps? Pg. 58 P2 L5

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4. Am I convinced of these 3 pertinent ideas? Pg. 60 P2 L1

a. That I am a compulsive eater and cannot manage my own life (Step 1)?

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b. That probably no human power can relieve my compulsion?

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c. That God can and will if He is sought (Step 2)?

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d. "Am I convinced of these 3 pertinent ideas?"

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5. Am I convinced that my life run on self-will can hardly be a success? Pg. 60 P4 L1

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a. What does a successful life look like to me?

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b. On that basis, running my life on my will, am I almost always in collision with something or somebody even though my motives are good?

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c. Am I like the actor who wants to run the whole show? Pg. 60 P4 L6

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6. When life doesn't treat me right do I decide to exert myself more? Pg. 61 P1 L2

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a. Do I become still more demanding or gracious, whatever I need to do to get what I want? Pg. 61 P1 L3

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b. Admitting I may be somewhat at fault, am I sure that other people are more to blame? Pg. 61 P1 L6

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7. Am I really a self-seeker even when trying to be kind?

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a. Have I been a victim of the delusion that I can wrestle (force) satisfaction and happiness out of this world if I only manage it well? Pg. 61 P1 L10

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b. Am I even in my best moments, a producer of confusion rather than harmony? Pg. 61 P1 L16

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8. Am I self-centered? (Think of myself too often) Pg. 61 P2 L1

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a. Do I believe selfishness and self-centeredness are the root of my troubles? Pg. 62 P1 L1

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9. Am I driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity? Pg. 62 P1 L2

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10. Have I found at some time in the past I have made decisions based on self which later placed me in a position to be hurt? Pg. 62 P1 L6 (This gets proven in step 4)

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11. Do I believe my troubles are basically of my own making? They arise out of myself? Pg. 62 P2 L1

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a. Am I an extreme example of self-will run riot even though I don't think so? Pg. 62 P2 L3

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12. Do I believe above everything, I must be rid of selfishness or it will kill me? Pg. 62 P2 L4

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a. Do I believe God makes that possible? Pg. 62 P2 L6

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b. Do I believe there is no way of entirely getting rid of self without His aid? Pg. 62 P2 L7

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13. Do I have to have God's help? Pg. 62 P2 L12

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14. Do I have to decide to quit playing God? Pg. 62 P3 L2

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15. Did playing God work? Pg. 62 P3 L2

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**The book gives us 3 aspects of a relationship with God for consideration:**

16. **DIRECTOR / ACTOR:** "A director runs the show; an actor listens to direction."  
Have I failed in directing my life on my own power? Am I ready to make the decision that hereafter God will direct my life?

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17. **PRINCIPAL / AGENT:** "An agent represents who the Principal (or Employer) would have them be."  
Have I failed to be the person I would have me be? Have I failed to make others the way I need them to be? Am I ready to make the decision that hereafter I will represent what God would have me be?

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18. **FATHER / CHILD:** "A Child trusts their Father can provide what they're incapable of doing on their own."  
On my own, have I failed to provide what I need to be okay?  
Am I ready to make the decision that hereafter I will trust that God will provide what I need?

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19. Do I believe that these ideas are good and that this concept will be the keystone of the new and triumphant arch through which I will pass to freedom? Pg. 62 P3 L6

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**CONSIDERATION:**

Step 2 talked about my conception "my old ideas of God." Step 3 is my decision to grow towards a new concept, "a new idea," of a God-reliant way to live.